



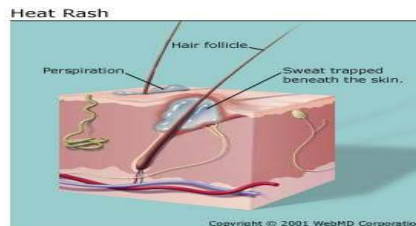
SAFETY MESSAGE

Personal Safety is our #1 priority

Do I Have Heat Rash? Compiled by USDA-APHIS- CCEP

What Are the Symptoms?

- Small, itchy red bumps on the skin are the symptoms of heat rash. The rash may feel prickly, stinging, or burning.



What Causes It?

Heat rash begins with excessive perspiration, usually in a hot, humid environment. The perspiration damages cells on the surface of the skin, forming a barrier and trapping sweat beneath the skin, where it builds up, causing the characteristic bumps. As the bumps burst and sweat is released, you may feel the prickly, or stinging, sensation that gives this condition its common name.

What Are the Treatments?

- In most cases, heat rash will clear up on its own in a few days if the affected area is kept cool and dry.
- So cool your body in an air-conditioned room or with a fan, or take a cool shower or bath and let your skin air dry.
- If you can't cool down right away and you continue to sweat, don't add any antiperspirant, lotion, insect repellent, or powder to your skin—these may trap more sweat, making your symptoms worse.
- Once the skin is cool and dry again, apply calamine lotion or an over-the-counter 1% hydrocortisone cream to relieve itching. Don't use any type of oil-based product, which might block your sweat glands.
- If your prickly heat does not go away within a few days, or if you develop an infection where the bumps have burst, you may need medication, so call your doctor.